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**ABSTRACT**

The present invention relates to an exercise tool. More particularly, it relates to an exercise tool specifically devised as a toe stretcher to align, separate, and stretch toes. The toe stretcher comprises a frame with a separator for separating a plurality of toes.

- 5 The frame further includes holes or indentations for placement of the toes. Additionally, the frame is flexible, allowing a user to easily manipulate the toe stretcher and place it on the user's toes, effectively separating and stretching toes. Furthermore, the toe stretcher may be attached with a footwear, allowing a user to not only stretch toes, but to also use the toe stretcher as a footwear.